



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 55 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity,

socialization and personal growth.

Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City web site – www.troymi.gov and follow the instructions on the Parks & Rec/Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$5 per year beginning in July and prorated quarterly. Pay \$5 on or before 8/15, \$3.75 between 8/16 and 11/15, \$2.50 between 11/16 and 2/15, and \$1.25 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Act # 135000F.

Call today for your complimentary copy!

Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more.

Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday - Friday from 8:30 am - 4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only). There is no fee but donations are accepted. Call 248.457.1100.

SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am to 6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.



Gift Shop Features Handmade Arts & Crafts

More than 100 local artisans 50 and older sell handmade arts and crafts at **Creative Endeavors** inside the Troy Community Center. Additional gift items are also available. Hours are 10 am-2 pm Monday-Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in at the store during store hours with a sample of your work or call 248.526.5145 for details.

50+ Fitness

We offer a wide variety of fitness programs for age 50+. See page 54 for details.

Travel



The Troy Parks and Recreation Department offers several one day trips each month and several extended trips each year for seniors. See the **Senior News** for details. Brochures are available at the Community Center for all overnight trips. *Non-residents: Add \$5 to the fees listed below.* Upcoming trips include:

Gulf Shores of Alabama - Act. #148940

Feb. 17-25 - \$1499 per person double, \$1999 single, \$1399 triple. Includes motorcoach transportation, hotels, 14 meals, and sightseeing as listed in brochure.

Belterra IN Casino Resort and Spa - Act. #148930A

March 29-31 - \$269 per person double, \$369 single, \$229 triple. Includes motorcoach transportation, hotels, 4 meals and sightseeing as listed in brochure.

Shades of Ireland - Act. #148946A

May 18-30 - \$3199 per person double, \$3699 single, \$3169 triple. Includes air, hotels, transfers, 17 meals and sightseeing as listed in brochure.

Alaska - Act. #148932A

Sept 7-18, \$3299-\$4159 per person double. Includes air, 4 nights hotel, 7 night cruise with meals, transfers, and sightseeing as listed in brochure.

National Parks - Act. #148946B

Sept. 11-22, \$3499 per person double, \$4449 single, \$3399 triple. Includes air, hotel, transfers, 17 meals and sightseeing as listed in brochure.

50+ Pickleball at the Troy Community Center

50+ Mixed Doubles Pickleball Mixer

Sundays, 6-8 pm. \$5 drop-in fee. Partners not required.

50+ Doubles Ladder Play

Sundays, 6-8 pm, Jan 10 - Mar 28 - 12 wks - Act #148998G
Registration required. (Fee: \$65; Res Disc: \$60) Partners are not required.

Holiday Smash Doubles Pickleball Tournament

Sunday Dec. 20 4-9 pm. 50+ and 65+ age divisions for men, women and mixed. See page 71 for details.

2nd Annual Holiday Doubles Intergenerational Pickleball Festival

Sunday December 27, 6-9 pm. Competitive and recreational divisions. See page 71 for details.

50+ Open Pickleball Play

Fridays, 10:30 am-12:30 pm - \$3 pp
Wed, 7-8:30 pm. \$7 pp or \$5 with 10 visit punch card (NR \$10 or \$8 with punch card)
Fitness Center members FREE for both. Equipment provided.

50+ Softball

Women play on Tuesday evenings and men play on Thursday evenings. See page 68 for details.

2010 Troy Senior Golf Leagues

Registration fee: \$47.50; Res Disc \$42.50 (non-refundable after May 1)

The 2010 Monday and Wednesday 9 hole Senior Golf Leagues at Sylvan Glen are for men and women. Play begins around May 1 for approximately 20 weeks, teeing off at 7:30-8 am. You may play in both leagues. The greens fees for the entire season (amount to be determined by City Council) will be collected in March 2010. This league requires regular attendance. If you take extended vacations, please sign up as a sub only. Non-residents must pay non-resident greens fees as a regular golfer or as a sub. **New players may register beginning December 15.** Please give your average for nine holes when registering. If the league is full, add your name to the sub/wait list and you will be notified if an opening occurs.

Monday: **Act #148986A** Wednesday: **Act #148987A**

Sub Only: If you wish to sub only, register for:

Monday: **Act #148986B** Wednesday: **Act #148986B**

For more information, please call:

Monday league:	Mike Maziasz	248.649.0195
	Doug Cravens	248.528.0434
Wednesday league:	Siegfried Meyer	248.879.7167
	Ken Jones	248.879.8109

Volunteers Make a Difference!

Over 150 volunteers make an enormous contribution to the senior program. If you would like to share your time and talent, please call 248.524.3484 and ask for a senior program volunteer application. Opportunities include:

- Computer Lab Instructors and Coaches
- Program Leaders
- Tax Counselors
- SHARP Home Repair Program
- Homebound Meal Delivery
- Creative Endeavors Senior Store
- And More!



SHARP Home Repair

SHARP (Senior Home Assistance Repair Program), offered in partnership with the North Woodward Community Foundation, provides free home repairs for Troy residents age 60+ and persons with disabilities. To request service, call 248.524.3484.

AARP Defensive Driving

Monday and Tuesday, Nov 30 and Dec 1 - 10 am-2:30 pm
Activity # 148996B Fee: \$16 Res Disc \$14

AARP's Driver Safety program for ages 50 and over will be offered at the Troy Community Center. The eight hour class is designed especially for the older motorist. You do not need to be an AARP member. Registration is required. Maximum class size is 30. You must attend both days. Some insurance companies offer incentives for completing the program. Bring a lunch or participate in the senior lunch - \$2.75 for 60+ or \$6 for those under the age of 60.

Medicare Prescription Enrollment Day

Monday, November 23, 10 am - 3 pm, Room 304/305

The Area Agency on Aging 1B will offer an enrollment day at the Troy Community Center for Medicare Part D Prescription plans. Staff and trained volunteers will navigate through the many plans and help you make a decision about which plan is best for you. Bring your current medications so they can be sure to get the correct spelling and dosage prescribed. **Call 800.852.7795 to schedule an appointment.**

AARP Free Tax Aide

Fridays, Feb. 5 - April 9, 9 am-3 pm - Appointments required
AARP Tax-Aide volunteers will help low to moderate income seniors prepare tax forms at the Troy Community Center each Friday beginning February 5. Call 248.524.3484 beginning January 5 to make an appointment. See the January *Senior News* for a list of records you need to bring with you. Telephone assistance is NOT available. If you are homebound and cannot get anyone to bring your forms in, call 248.524.3484 and a tax counselor will call to arrange assistance for you.



Troy Senior Computer Learning Center

At the Troy Senior Computer Learning Center, qualified senior instructors teach students 50 and older to use a computer in a friendly environment. A computer is provided for each

student and course materials are included in the fee.

Computer Fundamentals (Recommended 1st Class)

ALL NEW! For those with no previous knowledge of computers or feel that technology is beyond them. Learn the basics and build self-confidence. Four 2-hour lessons. **Fee:** \$41; Res Disc: \$36

Act #	Day	Time	Beg.	Ends	Wks
135951I	M & W	1-3 pm	Jan 4	Jan 13	2
135951J	T & Th	9:30-11:30 am	Jan 19	Jan 28	2
135951K	T & Th	1-3 pm	Feb 9	Feb 18	2
135951L	M & W	6:30-8:30 pm	Feb 22	Mar 3	2

Intermediate Computer Skills (Recommended 2nd Class)

ALL NEW! Prerequisite: *Computer Fundamentals* or some previous computer experience. This course builds on Computer Fundamentals introducing Windows, organizing files (move, copy, rename, etc.) into folders, word processing, spreadsheets (using Microsoft Office 2007) and more. Four 2-hour lessons. **Fee:** \$41; Res Disc: \$36

Act #	Day	Time	Beg.	Ends	Wks
135952E	M & W	1-3 pm	Jan 18	Jan 27	2
135952F	T & Th	1-3 pm	Feb 23	Mar 4	2

Internet Using Internet Explorer 8

ALL NEW! This course covers searching the web, downloading files, online security, using free antivirus software, customizing Internet Explorer to fit your needs, Google satellite maps and many other web sites. This is a fun course where you will discover web sites to check traffic, weather, home values, find phone numbers or old friends and more. Four 2-hour lessons.

Fee: \$41; Res Disc: \$36

Act #	Day	Time	Beg.	Ends	Wks
135953D	M & W	6:30-8:30 pm	Jan 4	Jan 13	2
135953E	T & Th	9:30-11:30 am	Feb 9	Feb 18	2

Computer Security and Internet Scams

ALL NEW! The ten steps every computer user should take to assure on-line safety and protect against computer crashes. Topics include backing up your computer, anti-virus, anti-spam, anti-spyware, identity protection, using firewalls and routers, using virtual credit cards, detecting and avoiding Internet scams, and how to determine if Internet stories are true or false. Four 2-hour lessons. **Fee:** \$41; Res Disc: \$36

Act #	Day	Time	Beg.	Ends	Wks
135967B	M & W	6:30-8:30 pm	Jan 18	Jan 27	2

Where Did That Document Go?

ALL NEW! The course every computer user should take.

Learn how to find that document or picture you saved last week, how to organize documents and pictures into folders for easy reference, and how to transfer files between your computer and a flash drive. Two 2-hour lessons. **Fee:** \$20; Res Disc: \$18

Act #	Day	Time	Beg.	Ends	Wks
135969F	T & Th	9:30-11:30 am	Jan 5	Jan 7	1
135969G	M & W	1-3 pm	Feb 15	Feb 17	1

Picture Formats

Learn how to format photos and clip art for maximum quality and minimum storage size for use in emailing, file sharing and printing. Two 2-hour lessons. **Fee:** \$20; Res Disc: \$18

Act #	Day	Time	Beg.	Ends	Wks
135963A	T & Th	9:30-11:30 am	Jan 12	Jan 14	1

E-Mail

This course uses Outlook Express, the free e-mail program on all Windows PCs. Set up an e-mail account, create e-mail, send and receive attachments, reply, delete, forward, use the address book and distribution lists, save messages, and handle Spam. Two 2-hour lessons. **Fee:** \$20; Res Disc: \$18

Act #	Day	Time	Beg.	Ends	Wks
135960E	M & W	1-3 pm	Feb 8	Feb 10	1

Basic PhotoShop Elements

Hands-on experience working with photos from a digital camera, scanner and other sources. Topics include restoring old photos, sharing photos online, formats for photo files, and more. Eight 2-hour lessons. **Fee:** \$59; Res Disc: \$54

Act #	Day	Time	Beg.	Ends	Wks
135959C	T & Th	1-3 pm	Jan 5	Jan 28	4

The Troy Senior Computer Learning Center is redesigning computer classes and working on new ones. Listed here is the class schedule for Jan. and Feb. 2010. Check the senior newsletter or www.troyclic.org for future classes. Let us know if there is a class you would like to see offered.

Drop-In Computer Lab

The computer lab at the Community Center is open for drop-in use on Mon. and Wed. from 9:30 am - noon and on Fri. from 9:30 am - 4 pm. \$10 annual participation fee required (Act #145000E).

Private Consultations

Meet one-on-one with a Learning Center instructor on the first Wednesday of each month. 45 minute appointments are available at 9:30, 10:15 and 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the door.

Hard Drive Erasure

This free service is available on the third Wednesday from 10 am - noon in the computer lab. Prevent identity theft if you are throwing out or giving away your computer. Drop off your computer (just the computer), or remove the hard drive and bring it in.



Anyone Can Paint

Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first

class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$30; **Res Disc** \$25

Act #	Date	Time	Subject
145933K	Thu, Dec 10	1-3 pm	Paradise Beach
145933L	Thu, Dec 10	7-9 pm	Paradise Beach
145933M	Thu, Jan 14	1-3 pm	Autumn Covered Bridge
145933N	Thu, Jan 14	7-9 pm	Autumn Covered Bridge
145933O	Thu, Feb 11	1-3 pm	June Morning
145933P	Thu, Feb 11	7-9 pm	June Morning
145933Q	Thu, Mar 11	1-3 pm	Rose Bush on Picket Fence
145933R	Thu, Mar 11	7-9 pm	Rose Bush on Picket Fence



Oil & Acrylic Painting

New Instructor: Marat Paransky

If you love to paint, then this class is for you! This class is for those painting in acrylic or oil for the first time, and for those seeking to take their art to the next level. There will be in-class demonstrations and individual instruction for each student. Supply list available at front desk or on receipt when you register.

Location: Troy Community Center

Act #	Day	Time	Begins	Ends	Fee/Res
118972A	Tue	12-3 pm	Jan 19	Mar 9	\$65/\$60

50+ and 60+ Speed Dating

Participants will have five minutes to chat before the men move to the next table. Afterward, appetizers and beverages will be served. Dress is business casual. If we do not have enough people signed up by one week prior to each event (15 men and 15 women), the event will be cancelled.

Fee: \$12; **Res Discount:** \$10

Time: 6:30-9 pm **Check-In:** 6:15-6:25 pm

Act #	Gender	Age	Date	Reg Begins
145901P	Men	50-65	Jan 19	Dec 1
145901Q	Women	50-65	Jan 19	Dec 1
145901R	Men	60 +	Feb 16	Jan 4
145901S	Women	60 +	Feb 16	Jan 4

ACBL Bridge Clubs

A Monday club meets at noon and a Friday club meets at 11 am at the Troy Community Center. For more information call George Stankovich at 586.775.7363.



Belly Dancing for Weight Loss

This class is for people 50+ who prefer dance as a form of conditioning. Belly dance is one of the world's most ancient and evolved forms of dance and an excellent form of exercise. Some

core conditioning exercises may be included, so please bring a mat. This class is perfect for all levels of fitness and dance experience. **Weeks: 10. Drop in fee is \$9.50 per class; Res Discount \$7.50).**

Act #	Day	Time	Begins	Ends	Fee/Res
118960A	Wed	6:30-7:30 pm	Jan 13	Mar 17	\$54/\$49

Art and Music

All programs meet at the Community Center.

Ballroom Dance Lessons - Wednesdays 1-2 pm. \$4 at the door. (NR - \$6)

Chorus - Fridays at 9:30 am, September - June. **

Harmonica Club - Mondays, 10-11 am, September - June.**

Harmonica Lessons - Mondays, advanced at 9 am and beginners at 9:30 am, September - June. **

Heritage Concert Band - 1st and 3rd Wed at 7:30 pm **

Line Dance Lessons - Mon and Wed, 12:30-2 pm, \$5 at the door (NR \$7). Wed 7:30 - 9 pm. \$3 at the door (NR \$5).

Needlework Club - Tuesdays at 10 am. Drop-in. **

Painting Club - Thursdays 9-11 am. Drop-in. **

Painting Lessons - acrylic and oil, Tuesdays 12-3 pm.*

Piano Keyboarding Lessons - Monday mornings.*

Pottery Classes - Mon and Tues evenings and Wed mornings.*

Quilting Group - Wednesdays, 9 am-4 pm. **

Square Dance Lessons - Mondays 7-8:15 pm. \$3.50 at the door. Call Myrna at 248.689.8256 for dates when new students are accepted.

Tap Lessons - Beginners: Tuesdays at 2:15 pm; intermediate Tuesdays at 1:15 pm.* Call instructor Terry Slater for more information: 248.879.7321

Woodcarving Club - Mondays at 8:30 am. Drop-in. **

*Registration and fee required. Details in the *Senior News*.

** \$10 annual participation fee required



Senior Concerts

These one-hour concerts will be held at the Community Center and are free and open to the public.

Mouth Organ Grinders Harmonica Concert

Monday, December 14 at 10:30 am in Room 304/305.

Golden Choraliers Concert

Friday, December 18 at 10:30 pm in Room 402.